

## SETTING BOUNDARIES

### Role Play Instructions

1. Get into pairs.
2. Each pair comes up with two scenarios:
  - a. One scenario you have actually experienced in real life.

*Examples:*

- i. *Your boss asks you to work overtime and you don't want to.*
- ii. *Someone is relying on you too heavily, and you are starting to get burn out.*

- b. One ridiculous request.

*Examples:*

- i. *"Build me a spaceship!"*
- ii. *"Do all my work for me for the next 3 years, okay?"*

3. Participants each take turns being the asker and the boundary-setter.
4. TWO MINUTES per role play.
5. Try to practice different ways of setting boundaries (which means the asker needs to be manipulative and persistent).